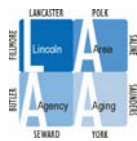


Center Hours: 9 AM-1 PM, Mon-Fri
Manager - Kelle Brandt
441-7157

Lake Street ActivAge Center
2400 S 11th

1005 O Street
Lincoln, NE 68508
441-7158



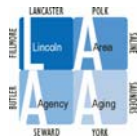
OCTOBER 2006

MONDAY	TUESDA	WEDNES	THURSD	FRIDAY
2 9 AM - Coffee & Visiting 10:00 AM - Fall Happenings 11:30 AM - Dinner- Swiss Steak Cards & Games	3 9 AM - Coffee & Visiting 10 AM - Bingo (Please bring a prize) 11:30 AM - Dinner- Chicken ala King Winter Predictions Happy Birthday - Donna Busch	4 9 AM - Coffee & Visiting 10-10:45 AM - Easy Tai Chi Class 11:30 AM - Dinner- Meatball Stew Cards & Games	5 9 AM - Coffee & Visiting 9:30 AM - Pinochle - Plus 11:30 AM - Dinner- Lemon Pepper Chicken More Pinochle	6 9 AM - Coffee & Visiting 9:30 AM - Pitch Plus 11:30 AM - Dinner - Turkey Tetrazzini More Pitch
9 9 AM - Coffee & Visiting 10:30 AM - Trivia 11:30 AM - Dinner - Baked Fish Cards & Games	0 9 AM - Coffee & Visiting 10 AM - Bingo (Please bring a prize) 11:30 AM - Dinner- Ham Slice UNMC	11 9 AM - Coffee & Visiting 10- 10:45 East Tai Chi 10:30 AM - Maze Work 11:30 AM - Dinner- Oven Fried	12 9 AM - Coffee & Visiting 9:30 AM - Pinochle - Plus 11:30 AM - Dinner- Spaghetti Bake More Pinochle	13 9 AM - Coffee & Visiting 9:30 AM- Pitch - Plus 11:30 AM - Dinner - Salisbury Steak More Pitch

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MONDAY	TUESDA	WEDNES	THURSD	FRIDAY
	Health Clinic Cards & Games	Chicken 12:15 PM - Shopping Assistance \$1.00 Cost	Dinner and a Show - Joe Taylor @ Cotner Condos	<i>Happy Birthday - Betty White (15th)</i>
16 9 AM - Coffee & Visiting 10:30 AM - Exercise 11:30 AM - Dinner-Chili Cards & Games Happy Birthday to Ruby Engle	9 AM - Coffee & Visiting 10 AM - Bingo (Please bring a prize) 11:30 AM - Dinner-Cube Steak Guess What???? ???	18 9 AM - Coffee & Visiting 9:30 AM - Blood Pressure Checks 10 AM - Easy Tai Chi 10:30 AM - Health Program by Bryan 11:30 AM - Dinner-BBQ Pork Ribette	19 9 AM - Coffee & Visiting 9:30 AM - Pinochle - Plus 11:30 AM - Dinner-Salmon Filet More Pinochle	20 9 AM - Coffee & Visiting 9:30 AM - Pitch - Plus 11:30 AM - Dinner-Chicken Breast More Pitch Senior Prom - Sunday - East Campus <i>Happy Birthday to Barb Sampson (21st)</i>
3	24	25	26	27

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OCTOBER 2006

MONDAY	TUESDA	WEDNES	THURSD	FRIDAY
9 AM - Coffee & Visiting 10:00 AM - Blooper Video 11:30 AM - Dinner-Shepherd's Pie Cards & Games	9 AM - Coffee & Visiting 10 AM - Bingo (Please bring a prize) 11:30 AM - Dinner-Meat Loaf 12:30 PM - Understanding our energy bills & tips to save \$\$ - by the Nebraska Energy Office. Happy Birthday to Bill Bodtke	9 AM - Coffee & Visiting 10 AM - Easy Tai Chi 11:15 AM - Halloween Folklore 11:30 AM - Dinner - Roast Beef 12:15 PM - Shopping Assistance \$1.00 Cost Cards & Games	9 AM - Coffee & Visiting 9:30 AM - Pinochle - Plus 11:30 AM - Dinner-Smothered Pork Chop More Pinochle	9 AM - Coffee & Visiting 9:30 AM - Pitch - Plus 11:30 AM - Dinner-Hamburger Patty More Pitch REMEMBER <i>R clocks "Fall Back" Saturday night as Daylight Saving Time Ends Sunday!!!!!!</i>
30 9 AM - Coffee & Visiting 10:30 AM - Trivia 11:30 AM - Dinner - BBQ	31 9 AM - Coffee & Visiting 10 AM - Halloween Bingo (Please bring a	Remember the Senior Prom Sunday, October 22 East Campus Student Union		"A gossip is like an old shoe. It's tongue never stays in place."

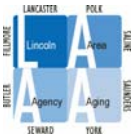
DINNER & A SHOW

Oct. 12 - Joe Taylor - Cotner Center Condos

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OCTOBER 2006

Nov. 16 - USO Show- Downtown ActivAge Center
Dec. 8 0- Holiday Lights - Downtown ActivAge Center